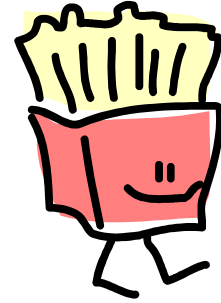


Fatty Foods

What you need:

- Brown paper grocery bags, cut into small squares
- Different foods to test, like french fries, potato chips, a baked potato, peanuts, peanut butter, an apple, a banana, a hot dog, and butter
- Scissors



What to do:

1. Check with a grown-up before you begin.
2. Rub each piece of food onto a separate paper bag square. Count to twenty while you rub so that you test each food for the same amount of time. Be sure to label the squares so you remember which food you rubbed on each one.
3. Now you have to leave them overnight. The next day you'll see which foods have the most fat. The foods that leave the greasiest spots are the fattiest foods.
4. Before you take a look at them, which foods do you predict will have the most fat?
5. Check your results. Which foods had the most fat? Which had the least?

What happens?

Fat (or grease) from the food rubs off onto the paper bag leaving a dark brown wet mark. More fat leaves a larger mark. Some foods may have fat that doesn't rub off on paper like this.